ONLINE

FITNESS-ATHON

SPONSORSHIP EVENT

SUN 21 MARCH 2021

WILD WONDER & WISDOM | THIS GIRL CAN

10:00	Introduction of the event and welcome from Kathy
10:15	Yoga with Sophie
11:15	Superwoman HIIT with Angie
12:15	Just Dance 4REAL fun street dance session with Louise
13:15	Qigong with Wal
14:00	Close with a Zoom chat

We're raising money so we can continue our 'This Girl Can' Project all year round. These free clubs are for 10-18 year old girls to give them opportunities to try different activities, whilst promoting good physical and emotional wellbeing.

We are hoping that each family can try and raise £30 or more. Either get sponsored per event or by the hour. There will be 3hrs of exercise and 4 separate events.

There will be prizes for the greatest number of sponsors, and/or the most money raised. The prize will be your choice from either a blue space activity (SUP/ Kayaking/ Sea swimming) or a Green space activity (bushcraft / walk/ run/ beach art) with Kathy King on a day of your choice.

https://www.justgiving.com/crowdfunding/www-this-girl-can-21?utm_term=JY5E3AeJz

We can either organise a collection for cash/ cheques that you collect, or you can transfer your total sponsorship amount into the Just Giving page above.

Thank you for your efforts and enjoy the day!

Name of Sponsor	Postcode	Amount Sponsored (£); Per event (E) Per Hour (H) Per Day (D)	Total Sponsorship	Collected
Miss. Y. Oga	PL26 6RF	3 / E	12	✓